

Shortcuts



Ugli Fruit: Nutrition . Selection . Storage

Nutrition information for ugli fruit and tips on how to select, store and prepare it. [Health Benefits](#)

[\[All Fruits\]](#) [\[All Vegetables\]](#)

Did You Know...

Despite its unattractive, bumpy appearance, the ugli fruit has a delicious citrus sweet taste that kids will love. This fruit is native to Jamaica.

How to Select

Ugli fruit should be heavy for its size and have no signs of drying at the ends. Fruit should give with slight pressure. Small dents are normal and color should not be considered when choosing.

How to Store

Store ugli fruit at room temperature for up to 5 days. Can store in refrigerator for up to 2 weeks.

Nutrition Benefits

Ugli fruits is fat-free, cholesterol-free. Excellent source of vitamin C and fiber.



[Fruit Nutrition Database](#)

[Vegetable Nutrition Database](#)

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[How to Read a Food Label](#)

[Key Nutrients Found in Fruits & Veggies](#)

[Dietary Guidelines for Americans](#)

[Fruit & Vegetable Recipe Search](#)

Nutrition Facts

Serving Size (122g)
Servings Per Container

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 8%

Sugars 8g

Protein 1g

Vitamin A 0% • Vitamin C 70%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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Health Benefits of Fruits & Vegetables

The natural antioxidants in fruits and vegetables will help keep your body working at its best, so consuming a diet that meets your [daily recommended amount of fruits and vegetables](#) is one of the best ways to give your body a strong defense against disease. Fruits and vegetables are protective to health as they're helpful at **reducing the risk**